




Tiverton Senior Center
207 Canonicus Street
Tiverton, RI 02878
Telephone 401-625-6790 Fax 401-625-6793

March 2022



Monday	Tuesday	Wednesday	Thursday	Friday
Exercise Classes are \$3/each	1 9:00 CHAIR YOGA w/Shirley 11:30 Mahjongg 1:30 DRUMS ALIVE!	2 9:00 Functional Fitness w/Deb 12:30 Cribbage 12:30 Chorus in Lounge 12:30 JamBalaya Jammers	3 9:00 Balance Class with Jess 10:15 Art For Your Mind Ansel Adams'Artistry 1:00 BINGO! 1:00 Knitting for Charity	4 9:00 Functional Fitness* 11:30 Mahjongg SPECIAL MUSICAL Guest: 12:30-3:30 Kenny Marrocco
7 9:00 Functional Fitness w/Deb 9:00 TOPS 10-3 Quilting for Charity 12:30 PITCH 1:00-3:00 CERAMICS	8 9:00 CHAIR YOGA w/Shirley 11:30 Mahjongg 1:30 DRUMS ALIVE!	9 9:00 Functional Fitness w/Deb 12:30 Cribbage 12:30 Chorus in Lounge 12:30 JamBalaya Jammers	10 9:00 Balance Class with Jess 10:00 URI Pharmaceutical: Sciatica 1:00 BINGO! 1:00 Knitting for Charity	11 9:00 ZUMBA with Jess 10:15 Functional Fitness w/Deb 11:30 Mahjongg 1:30 DRUMS ALIVE!
14 9:00 Functional Fitness w/Deb 9:00 TOPS 10-3 Quilting for Charity 12:30 PITCH 1:00-2:00 Special Irish Music Concert w/Island Senior Chorus 2:30 Care Giver Support Group	15 9:00 CHAIR YOGA w/Shirley 10:15 BOOK CLUB: "The Dry" 11:30 Mahjongg 1:30 DRUMS ALIVE!	16 9:00 Functional Fitness w/Deb 10:00 Computer Tutorial 12:30 Cribbage 12:30 Chorus in Lounge 12:30 JamBalaya Jammers	17 9:00 Balance Class with Jess 10:00-11:30 Nurse Terri Gomes Blood Pressure Screenings 1:00 BINGO! 1:00 Knitting for Charity 	18 9:00 ZUMBA with Jess 10:15 Functional Fitness w/Deb 11:30 Mahjongg 1:30 DRUMS ALIVE!
21 9:00 Functional Fitness w/Deb 9:00 TOPS 10-3 Quilting for Charity 12:30 PITCH Introducing Karaoke!!!! 12:30 -3:30	22 9:00 CHAIR YOGA w/Shirley 11:30 Mahjongg 1:30 DRUMS ALIVE!	23 9:00 Functional Fitness w/Deb 12:30 Cribbage 12:30 Chorus in Lounge 12:30 JamBalaya Jammers	24 9:00 Balance Class with Jess 10:00 CENTER MEETING 1:00 BINGO! 1:00 Knitting for Charity	25 9:00 ZUMBA with Jess 10:15 Functional Fitness w/Deb 11:30 Mahjongg 1:30 DRUMS ALIVE!
28 9:00 Functional Fitness w/Deb 9:00 TOPS 10-3 Quilting for Charity 12:30 PITCH 2:30 Care Giver Support Group	29 9:00 CHAIR YOGA w/Shirley 11:30 Mahjongg 1:30 DRUMS ALIVE!	30 9:00 Functional Fitness w/Deb 12:30 Cribbage 12:30 Chorus in Lounge 12:30 JamBalaya Jammers	31 9:00 Balance Class with Jess 1:00 BINGO! 1:00 Knitting for Charity	LUNCH: served daily at 11:30 See Menu on back * Note: Earlier Time

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